



### **2) Post Drill:**     **Week 1**

#### **Working on = Baseline Skills**

This is a 1-ball drill from the baseline.

**Ball 1:** Pro feeds player 3 a tough running FH and the point is played out against player 1 from the baseline.

If player 3 **wins** the point, he comes over to the “post” position (where 2 is) and 2 slides into the baseline position while 1 goes to the end of the line behind player 5. If player 3 **loses** the point he goes to the back of his line.

One point is scored per point won on either side of the net.

**Variation** = If the rally goes past 5 shots, then both players get a bonus point to their score (encourages consistency)